Practice Trends

Prepare for Medicare Part D Launch in January

BY ELAINE ZABLOCKI

Contributing Writer

SAN DIEGO — Physicians will face many questions about new Medicare Part D benefit in coming months as patients decide whether to enroll and which plan to select in the voluntary prescription drug program, Elizabeth Carder-Thompson said at the annual meeting of the American Health Lawyers Association.

CMS has begun posting informational

resources on its Web site, and additional materials will become available over the next few months. The best resource at this time is the "Outreach Toolkit," available by download or on CD-ROM, said Ms. Carder-Thompson, a lawyer with Reed

"The Outreach Toolkit doesn't answer all the questions we want answered, but it's a good start," she said.

Enrollment for Part D begins on Nov. 15, 2005, and patients must enroll by May 15, 2006, or face a financial penalty when

The new coverage goes into effect Jan. 1, 2006, and the interim discount drug card program ends at that time. That means Medicare beneficiaries will need to make fairly complicated choices in a short time.

There will be at least two part D prescription drug plans available in each geographic area, and plans may include several subplans.

A Kaiser Family Foundation survey, con-

ducted March/April 2005, found that seniors are more likely to turn to their doctor (49%) or pharmacist (33%) for help in making these decisions, rather than to Medicare information sources (23%). About two-thirds (68%) of those surveyed said they did not have a good understanding of the new benefit.

OB.GYN. NEWS • October 1, 2005

In October 2005, Part D plans will start to send marketing materials. CMS will distribute its "Medicare and You," handbook to all beneficiaries via mail, with a description of the new benefit. A "Plan Comparison Web Tool" and "Medicare Personal Plan Finder" will be posted at www.medicare.gov, and there will be special mailings for low income beneficiaries.

"CMS says it will provide materials as

The new **Medicare Part D** coverage goes into effect Jan. 1, 2006, so beneficiaries will need to make fairly complicated choices within a short time.

they did for the drug discount card but this is far more complicated than the card," Ms. Carder-Thompson said.

According to Robert J. Hill, also of Reed Smith LLP, the CMS marketing guidelines on part D include a great deal of material that

will affect physicians. For example, enrollment cannot be taken at the point of care, such as a physician's office. If physicians offer their patients information on any part D plan then they must offer information on all available part D plans.

CMS has not released the final version of its marketing guidelines, and Mr. Hill expects these issues to be dealt with in more detail in the second part.

Once Part D becomes effective, doctors will face a different set of concerns, Ms. Carder-Thompson said.

When a plan doesn't cover a prescribed drug, physicians will need to provide supporting statements to get an exception, but many details are not clear at this time.

"The regulation is confusing," Ms. Carder-Thompson said. "CMS says they don't want it to be hard to seek exceptions. However, it may well become an administrative burden. This is something that's going to evolve as we go along.'

Ms. Carder-Thompson advised doctors to "stay tuned" on the details of Part D, because they seem to be changing every

– Verbatim –

'We can now offer patients a quick, exceedingly safe, incisionless tubal occlusion procedure that has been found 99.8% effective at 3 years.'

> Dr. Charles E. Miller on Essure, p. 58

PREMARIN® 0.625 mg/g (conjugated estrogens) Vaginal Cream

Re only

(For full Prescribing Information and Patient Information, visit www.premarin.com.)

ESTROGENS INCREASE THE RISK OF ENDOMETRIAL CANCER

ESTROGENS INCREASE THE RISK OF ENDOMETRIAL CANCER
Close clinical surveillance of all women taking estrogens is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is no evidence that the use of "natural" estrogens results in a different endometrial risk profile than synthetic estrogens of equivalent estrogen dose.

CARDIOVASCULAR AND OTHER RISKS

Estrogens with or without progestins should not be used for the prevention of cardiovascular disease or dementia

Estrogens with or without progestins should not be used for the prevention of cardiovascular disease or dementia.

The Women's Health Initiative (WHI) study reported increased risks of stroke and deep vein thrombosis in postmenopausal women (50 to 79 years of age) during 6.8 years of treatment with conjugated estrogens (0.625 mg) relative to placebo.

The WHI study reported increased risks of myocardial intertions, stroke, invasive breast cancer, pulmonary emboli, and deep vein thrombosis in postmenopausal women (50 to 79 years of age) during 5 years of treatment with oral conjugated estrogens (0.625 mg) combined with medroxyprogesterone acetate (2.5 mg) relative to placebo. (See CLINICAL PHARMACOLOGY, Clinical Studies in full Prescribing Information.)

The Women's Health initiative Memory Study (WHIMS), a austaudy of WHI, reported increased risk of developing probable dementia in postmenopausal women 65 years of large for treatment with oral conjugated estrogens, with or without medroxyprogesterone acetate, relative to placebo. It is unknown whether this finding applies to younger postmenopausal women.

Other doses of conjugated estrogens and medroxyprogesterone acetate, and other combinations and disage forms of estrogens and progestins were not studied in the WHI clinical trials and, in the absence of comparable data, these risks should be assumed to be similar. Because of these risks, estrogens with or without progestins should be prescribed at the lowest effective doses and for the shortest duration consistent with treatment goals and risks for the individual woman.

Premarin (conjugated estrogens) Vaginal Cream is indicated in the treatment of atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Promote March 1985

- CONTRAINDICATIONS
 Premarin Vaginal Cream should not be used in women with any of the following conditions:

 1. Undiagnosed ahonomal genital bleeding.

 2. Known, suspected, or history of cancer of the breast.

 3. Known or suspected estrogen-dependent neoplasia.

 4. Active deep veri hirmonbosis, pulmonary embolism or a history of these conditions.

 5. Active or recent (e.g., within past year) anterial thrombosembolic disease (e.g., stroke, myocardial infaction).

- Pallot or least (e.g., main past year parameter increased and early least of the control of desease.

 Premarin Vaginal Cream should not be used in patients with known hypersensitivity to its ingredients.

 Known or suspected pregnancy. There is no indication for Premarin Vaginal Cream in pregnancy, There appears to be little or no increased risk of the control of t

Systemic absorption may occur with the use of Premarin Vaginal Cream. The warmings, precautions, and adverse reactions associated with oral Premarin treatment should be taken into account.

Estiogen and estogen/progestin thesapy have been associated with an increased risk of cardiovascular events such as myocardial infarction and stroke, as well as venous thrombosis and pulmorary embolism (venous thromboembolism or VTE). Should any of these occur or be suspected, estrogens should be discontinued immediately. Risk factors for arterial vascular disease (e.g., hypertension, diabetes mellitus, tobacco use, hypercholesterotemia, and obesity) and/or venous thromboembolism (e.g., personal history or family history of VTE, obesity, and systemic lupus erythematosus) should be managed appropriately.

Commany heart disease and stroke. In the Premarin biblets substudy of the Women's Health initiative (WHI) study, an increase in the number of myocardial faractions and strokes has been observed in women receiving Premarin compared to placebo. (See CLINICAL PHARMACOLOGY, Clinical Studies in full

riescium; initinitation.)
In the estrogen plus progestin substudy of WHI, an increased risk of coronary heart disease (CHD) events (defined as nonfatal myocardial infarction and CHD death) was observed in women receiving PREMPRO (0.625 mg conjugated estrogens plus 2.5 mg methoxyprogesterone acetale) per day compared to women receiving placebo (37 vs 30 per 10,000 women-years). The increase in risk was observed in year one and persisted.

In the same substaudy of the WHI, an increased risk of stroke was observed in year one and persisted.

In the same substaudy of the WHI, an increased risk of stroke was observed in women receiving PREMPRO compared to women receiving placebo (29 vs 21 per 1,0000 women-years). The increase in risk was observed after the first year and persisted.

In postmenopausal women with documented heart disease (n = 2.763, average age 66.7 years) a controlled clinical trial of secondary prevention of cardiovascular disease (Heart and Estogen/progestin Replacement Study, HERS) treatment with PREMPRO (0.625 mg conjugated estrogen plus 2.5 mg medroxyprogesterone acatale per day) demonstrated no cardiovascular benefit. During an average follow-up of 4.1 years, heatment with PREMPRO did not reduce the overall rate of CHD events in postmenopausal women with established coronary heart disease. There were more CHD events in the PREMPRO drug than in the placeto grow year 1, but not dring the subsequency years. 2.541 women from the original HERS had ageed to pacificate in an open label extension of HERS. HERS II. Average follow-up in HERS II was an additional 2.7 years, for a total of 6.8 years overall. Rates of CHD events were comparable among women in the PREMPRO group and the placebog group in HERS, HERS II. and overall.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risks of nonfatal myocardial infarction, pulmonary embolism, and thrombophilebitis.

prospective crimical rinal in men to increase the risks of nonitiaal importance in the Women's Health Initiative (WHI), an increase in VTE has been observed in women receiving Permarin compared to placebo. (See CLINICAL PHARMACOLOGY, Clinical Studies in full Prescribing Information.)

In the estrogen plus progestin substudy of WHI, a 2-fold greater rate of VTE, including deep venous thrombosis and pulmonary embolism, was observed in women receiving PREMPRO compared to women receiving placebo. The rate of VTE was 34 per 10000 women-years in the Prempro group compared to 16 per 10,000 women-years in the placebo group. The increase in VTE risks was observed during the first year and persisted.

If feasible, estrogens should be discontinued at least 4 to 6 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

2. manipulan repulsaria.
A Endometrial cancer. The use of unopposed estrogers in women with intact uteri has been associated with an increased risk of endometrial cancer.
The reported endometrial cancer risk among unopposed estrogers users is about 2- to 12-fold greater than in non-users, and appears dependent on duration of iterational representations of the stream of the risk of the stream of the risk of the stream one year. The greatest risk appears associated with prolonged use, with increased risk of 15-to 24-fold for five to ten years or more and this risk has been shown to persist for a least 8 to 15 years.

after estrogen therapy is discontinued.

Clinical surveillance of all women taking estrogen/progestin combinations is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is no evidence that the use of natural estrogens results in a different endometrial risk profile than symbolic estrogens of equivalent estrogen dose. Adding a progestin to postmenopausal estrogen therapy has been shown to reduce the risk of endometrial hyperpasia, which may be a precursor to endometrial cancer.

b. Breast cancer. The use of estingers and progestins by postmenopausal women has been reported to increase the risk of breast cancer. The most important randomized clinical trial providing information about this issue is the Women's Health Initiative (WHI) trial of estrogen plus progestin (see CLINICAL PHARMACOLOGY, Clinical Studies in full Prescribing Information). The results from doservational studies are generally consistent with those of the WHI trial.

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PHARMACOUNCY, Clinical Studies in full Prescribing Information). The results from observational studies are repairly consistent with those of the WHI trial.

After a mean follow-up of 5.6 years, the WHI trial reported an increased risk of breast cancer in women who took estrogen plus progestin. Observational studies are generally consistent with those of the WHI trial adults have also reported an increased risk for estrogen/progestin combination therapy, and as rapital increased risk for estrogen alone therapy, after several years of use. For both findings, the eveces risk increased with duration of use, and appeared to return to baseline over about the years after stopping treatment (only the observational studies have estudiatalial data on risk after stopping). In these studies, the risk of breast cancer was greater, and became appearent earlier, with estrogen/progestin combination combination therapy as compared to estigone alone therapy. However, these studies have not found significant variation in the risk of breast cancer was 124 (65% confidence interval 101-154), and the overall absolute risk was 41 vs. 33 cases per 10,000 women-years, for estrogen plus progestin combination women therapy, the relative risk of invasive breast cancer was 124 (65% confidence interval 101-154), and the overall absolute risk was 41 vs. 33 cases per 10,000 women-years, for estrogen plus progestin compared with placebo. Among women who reported prior use of homomer therapy, the relative risk of invasive breast cancer was 126, and the absolute risk was 40 vs. 36 cases per 10,000 women-years for estrogen plus progestin compared with placebo. Among women who reported prior use of homomer therapy, the relative risk of invasive breast cancers were 10,000 women-years, for estrogen plus progestin compared with placebo. In the WHI trial, invasive breast cancers were 10,000 women-years, for estrogen plus progestin compared with placebo. On the WHI trial, invasive breast cancers were larger and diagnosed at a more advanced stage in the

3. Dementia.
In the Women's Health Initiative Memory Study (WHIMS), an ancillary study of WHI, a population of 4,532 women aged 65 to 79 years was randomized to PREMPRO (0,625 mg/2.5 mg) or placebo. A population of 2,947 hysterectomized women, aged 65 to 79 years, was randomized to Premarin (0,625 mg) or placebo. In the planned analysis, pooling the events in women receiving Premarin or PREMPRO in comparison to those in women on placebo, the overall relative risk for probable dementia was 17,6 (95%, 1.13 - 2.60), the residenge-along group, after an average follow-up of 32 years after of 14,9 (95%, 1.013 - 2.66) for probable dementia was observed compared to placebo. In the estrogen-plus-propestin group, after an average follow-up of 4 years, a RR of 2.05 (95%, C1 1.21-3.48) for probable dementia was observed compared to placebo. Since this study was conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger postmenopausal women. (See PRECAUTIONS, Geriatric Use.)
4. Gallbladder disease. A 2-to 4-fold increase in the risk of gallbladder disease requiring surgery in postmenopausal women receiving postmenopausal extoners has been reported.

5. Hypercalcemia. Estrogen administration may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures taken to reduce the serum calcium level. O'Susual abnormalities. Retinal vascular thrombosis has been reported in patients receiving estrogens. Discontinue medication pending examination if there is sudden partial or compilet loss of vision, or a sudden oraset of proplosis, diplopia, or migraine. If examination reveals papilledema or retinal vascular lestions, estrogens should be discontinued.

PRECAUTIONS

A. Cuelical.

Addition of a progestin when a woman has not had a hysterectomy. Studies of the addition of a progestin into 10 or more days of a cycle of estrogen administration or daily with estrogen in a continuous regimen have reported a lowered incidence of endometrial hyperplasia than would be induced by estrogen treatment alone. Endometrial hyperplasia may be a precursor to endometrial cancer.

There are, however, possible risks that may be associated with the use of processor (or progestins with estrogens compared to estrogen-alone regimens. These include a possible increased risk of breast cancer, adverse effects on lipoprotein metabolism (e.g., lowering HDL, raising LDL) and impairment of glucose tolerance.

2. Elevated blood pressure. In a small number of case reports, substantial increases in blood pressure have been attributed to idiosyncratic reactions to estrogens. In a large, andomized, ploade-controlled clinical trial, a generalized effect of estrogen therapy on blood pressure was not seen. Blood pressure should be monitored at regular intervals with estrogen use.

eridemia. In patients with pre-existing hypertriglyceridemia, estrogen therapy may be associated with elevations of plasma triglycerides leading

Impaired liver function and past history of cholestatic jaundice. Estrogers may be poorly metaboliced in patients with impaired liver function or patients with a history of cholestatic jaundice associated with past estrogen use or with pregrancy, caution should be exercised and in the case of currence, medication should be discontinued.

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Fluid relention. Because estrogers may cause some degree of fluid relention, patients with conditions that might be influenced by this factor, such as cardiac enal dysfunction, warrant careful observation when estrogers are prescribed.

Hypocalcemia. Estrogens should be used with caution in individuals with severe hypocalcemia

7. Apprealaemia. Estrogens should be used with caution in individuals with severe hypocaleemia.
8. Ovarian cancer. The estrogen plus progestin substudy of WHI reported that after an average follow-up of 5.6 years, the relative risk for ovarian cancer for estrogen plus progestin versus placebo was 1.58 (69% confidence interval 0.77 - 3.24) but was not statistically significant. The absolute risk for estrogen plus progestin versus placebo was 4.2 versus 2.7 cases per 10,000 women-years. In some epidemiologic studies, the use of estrogen-only products, in particular for ten or more years, has been associated with an increased risk of ovarian cancer. Offer epidemiologic studies have not found these associations.
9. Exacerbation of endometriosis. Endometriosis may be exacerbated with administration of estrogen therapy.
A few cases of malignant transformation of residual endometriosi post-hysterectomy, the addition of progestin should be considered.
10. Exacerbation of other conditions. Estrogen therapy may cause an exacerbation of asthma, diabetes mellitus, epilepsy, migraine, porphyria, systemic lupus entherapus. An exacerbation of senting allowed the conditions.
11. Braiser companies of the proposite laveing of larger of progesting the proposite for progesting the proposite places of the proposite laveing for progesting the proposite laveing for proposite to several development.

Barrier contraceptives. Premarin Vaginal Cream exposure has been reported to wealen laker condoms. The potential for Premarin Vaginal Cream to weaken laker condoms. The potential for Premarin Vaginal Cream to weaken land contribute to the failure of condoms, diaphragms, or cervical caps made of latex or rubber should be considered.

B. Patient Information Physicians are advised to discuss the contents of the PATIENT INFORMATION leaflet with patients for whom they

C. Laboratory Tests Estrogen administration should be guided by clinical response at the lowest dose for the treatment of postmenopausal

var and vaginal atrophy. Drug/Laboratory Test Interactions

Accelerate orbitombin time, partial thromboplastin time, and platelet aggregation time; increased platelet count; increased factors II, VII antigen, VIII coagulant activity, IX, X, XIII, VIII-X complex, II-VIII-X complex, and beta-thromboglobulin; decreased levels of antifactor Xa and antithrombin IIII, decreased antithrombin III activity; increased levels of antifactor Xa and antithrombin IIII, decreased antithrombin III activity; increased classification and activity.

Increased thyroid-binding globulin (TBG) leading to increased circulating total thyroid hormone, as measured by protein-bound iodine (PBI), I, levels (by column or by radioimmunossay) or I, levels by radioimmunossay, I, resin uptake is decreased, reflecting the elevated TBG. Free T, and free T, concentrations are unaltered. Patients on thyroid replacement therapy may require higher doses of thyroid hormone.

3. Other binding proteins may be elevated in serum, i.e., confocateroid binding globulin (SGB), sex hormone-binding globulin (SHBS), leading to increased total circulating confocateroids and sex steroids, respectively. Free hormone concentrations may be decreased. Other plasma proteins may be increased (angiotensinogen/reini substrate, alpha-1-antitrypsin, ceruloplasmin).

4. Increased plasma HDL and HDL, cholesterol subfraction concentrations, reduced LDL cholesterol concentration, increased triglyceride levels.

Reduced response to metyrapone test.

Carcinogenesis, Mutagenesis, Impairment of Fertility (See BOXED WARNINGS, WARNINGS, and PRECAUTIONS.)

Pregnancy Premarin Vaginal Cream should not be used during pregnancy. (See CONTRAINDICATIONS.)

Nursing Mothers Estrogen administration to nursing mothers has been shown to decrease the quantity and quality of breast milk. Detectable unts of estrogens have been identified in the milk of mothers receiving the drug. Caution should be exercised when Premarin Vaginal Cream is

administered to a rursing woman.

H. Pediatric Use: Estrogen therapy has been used for the induction of puberty in adolescents with some forms of pubertal delay. Safety and effectiveness in pediatric patients have not otherwise been established.

Large and repeated doses of estrogen over an extended time period have been shown to accelerate epiphyseal closure, which could result in short adult stature it freatment is initiated before the completion of physiologic puberty in normally developing children. If estrogen is administered to patients whose bone growth is not complete, periodic monitoring of bone maturation and effects on epiphyseal centers is recommended during estrogen administration. tode grown is not complete, periodic monitory of other maturation and entension in pages centers are extended using storyed administration. Settingen treatment of prepubertal girls also induces premature breast development and vaginal comification, and may induce vaginal bleeding. In boys estingen treatment may modify the normal pubertal process and induce gynecomastia. See INDICATIONS, see DOSAGE AND ADMINISTRATION section in full Prescribing Information.

section in full Prescribing Information.

1. Geriatric Use Of the total number of subjects in the estrogen plus progestin substudy of the Women's Health Initiative study, 44% (n = 7,320) were 65 years and over, while 6.6% (n = 1,095) were 75 years and over (See CLINICAL PHARMACOLOGY, Clinical Studies in full Prescribing Information). There was a higher incidence of storke and imassive breast cancer in women 7s and over compared to women less than 75 years of age.

In the Women's Health Initiative Memory Study (WHIMS), an ancillary study of WHI, a population of 4,520 women aged 65 to 79 years was randomized to PREMPRO (0,625 mg/2.5 mg) or placebo. A population of 2,947 hysteronized women, aged 65 to 79 years, was randomized to Premarin (0,625 mg) or placebo. In the planned arahysis, pooling the events in women receiving Premarin or PREMPRO in comparison to those in women on placebo, the overall relative risk (RR) for probable demarin was observed compared to placebo. Since this study was conducted in women aged 65 to 79 years, it is unknown whether these findings apply to younger positimetopassal women. (See WARNINGS, Dementia.)

Thee have not been sufficient numbers of geriatric patients involved in studies utilizing Premarin Vaginal Cream to determine whether those over 65 years of age differ from younger subjects in their response to Premarin Vaginal Cream.

Systemic absorption may occur with the use of Premarin Vaginal Cream. Warnings, precautions, and adverse reactions associated with oral Premarin reatment should be taken into account. The following additional adverse reactions have been reported with estrogen and/or progestin therapy:

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Genthourinary system: Preakfronty bleeding, sporling, change in mensitual flow, dynemonomes, premenstrual-like syndrome; amenorinea during and after treatment; increase in size of uterine fibromyomata; vaginitis, including vaginal candidiasis; change in cervical erosion and in degree of cervical searchior, sporline-like syndrome; application site reactions of viutivovaginal discomfort including burning and irritation; gential pruntus; ovarian cancer; endometrial hyperplasis; endometrial cancer; precodoius puberly.

Breasts: Flandemess, pain, enlargement, secretion; breast cancer; fitnosystic breast changes.

Cardiovascular: Deep and superficial venous thrombosis, pulmonary embolism, myocardial infarction, stroke; increase in blood pressure.

Gastrointestinal: Mausea, vomitting, abdominal cramps, bloating; cholestatic jaundice; pancreatitis; increased incidence of gallbladder disease; enlargement of hepatic hemangiomas.

Skin: Chloasma or melasma which may persist when drug is discontinued; erythema multiforme; erythema nodosum; hemorrhagic eruption; loss of scalp hair, hirsufism; prurilus; rash; urticaria.

Eves: Retinal vascular thrombosis: intolerance to contact lenses.

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Central Nervous System: Headache; migraine; dizziness; nervousness; mood disturbances; irritability; mental depression; chorea; exacerbation of epilepsy Miscellaneous: Increase or decrease in weight; reduced carbohydrate tolerance; glucose infolerance; aggravation of porphyria; edema; changes in libido; anaphylactici/anaphylactic reactions; hypocalcemia; exacerbation of asthma; angloedema; hypersensitivity; increased triglycerides; arthratgias; leg cramps.

OVERDOSAGE Serious ill effects have not been reported following acute ingestion of large doses of estrogen/progestin containing drug products by young children. Overdosage of estrogens may cause nausea and vomiting, and withdrawal bleeding may occur in females. This brief summary is based on PREMARIN® (conjugated estrogens) Vaginal Cream Prescribing Information W10413C006 ET01, revised February 16, 2005.

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